



Mushroom Manicotti

READY IN



35 min.

SERVINGS



2

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon butter
- 0.3 cup wine dry white dry (from 32-oz carton)
- 3 oz cream cheese softened
- 0.3 cup finely-chopped ham diced cooked
- 3 tablespoons feta cheese crumbled
- 1 tablespoon chives fresh chopped
- 5 oz mushrooms fresh sliced
- 2 cloves garlic finely chopped
- 1 teaspoon juice of lemon

- 0.3 teaspoon lemon pepper
- 2 tablespoons onion chopped
- 4 shells uncooked
- 0.1 teaspoon salt
- 0.5 cup whipping cream
- 0.5 teaspoon worcestershire sauce

Equipment

- bowl
- sauce pan
- oven
- glass baking pan

Directions

- Heat oven to 375F. Cook and drain manicotti shells as directed on package.
- In 3-quart saucepan melt butter over medium heat. Cook mushrooms, 2 tablespoons onion and garlic in butter about 3 minutes, stirring frequently, until vegetables are crisp-tender. Stir in sherry, lemon juice, lemon pepper and salt. Cook over medium-high heat about 4 minutes, stirring occasionally, until almost all liquid has evaporated. Stir in whipping cream.
- Heat to boiling, stirring constantly. Boil over medium-high heat about 1 minute, stirring frequently, until slightly thickened.
- In small bowl, mix cream cheese, feta cheese, 2 tablespoons onion and the Worcestershire sauce with fork until well blended. Stir in ham and chives. Fill each shell with about 3 tablespoons of the cheese mixture, using small spoon.
- Pour half of sauce unto ungreased 8-inch square (2-quart) glass baking dish. Arrange filled shells in dish. Spoon remaining sauce over shells. Cover and bake about 20 minutes or until hot and bubbly.

Nutrition Facts

 PROTEIN 9.98%  FAT 80.76%  CARBS 9.26%

Properties

Glycemic Index:138.5, Glycemic Load:2.7, Inflammation Score:-8, Nutrition Score:15.519999669946%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 557.15kcal (27.86%), Fat: 48.62g (74.8%), Saturated Fat: 27.13g (169.56%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 11.43g (4.16%), Sugar: 5.87g (6.53%), Cholesterol: 143.19mg (47.73%), Sodium: 840.98mg (36.56%), Alcohol: 4.12g (100%), Alcohol %: 1.86% (100%), Protein: 13.51g (27.03%), Vitamin B2: 0.76mg (44.92%), Vitamin A: 1872.22IU (37.44%), Selenium: 20.47µg (29.24%), Phosphorus: 290.59mg (29.06%), Calcium: 227.39mg (22.74%), Vitamin B5: 1.9mg (18.99%), Vitamin B3: 3.53mg (17.63%), Vitamin B6: 0.34mg (16.96%), Copper: 0.29mg (14.66%), Vitamin B12: 0.85µg (14.24%), Vitamin B1: 0.21mg (14.09%), Potassium: 478.33mg (13.67%), Zinc: 1.92mg (12.78%), Manganese: 0.22mg (10.94%), Vitamin C: 8.86mg (10.74%), Vitamin E: 1.2mg (8%), Folate: 31.9µg (7.97%), Vitamin D: 1.2µg (7.97%), Magnesium: 30.61mg (7.65%), Vitamin K: 7.13µg (6.79%), Iron: 1.08mg (6.02%), Fiber: 1.11g (4.46%)